



# Preemie Family

## Preemie Life

### *Etienne Jean Gould-Nunan*



*Photo Credit: Carmen Gould*

#### Parent Tip:

*Celebrate something every day (even if it is that 'nothing' happened!)*

**Gestational Age at Birth:**  
26 weeks, 2 days

**Weight:**  
558 grams

**Time In NICU:**  
138 days

**Proudest Moment (NICU):**  
When doctors said Etienne's was the best response to the steroid dexamethasone they had ever seen.

**Cool Video:**  
<http://preemie.us/NICUEtienne>

*Coming Soon: Check [www.PreemieWorld.com](http://www.PreemieWorld.com) to read how Etienne is doing now.*

## Advocate: Kangaroo Care Awareness

Kangaroo Care is used in NICUs worldwide, but yet many NICUs have yet to adopt this simple practice as a routine way to help preemies. Help us celebrate the **4<sup>th</sup> International Kangaroo Care Awareness Day on May 15, 2015**. Learn more with this downloadable newsletter from our friends at **Nurtured by Design (home of the Zaky)**: <http://conta.cc/1cw9Fcj>

## To Do List



**CONGRATS:** Karen Wahlin, MFT gets the Bentley's Preemie Blessing and Jennifer Hunter receives a copy of the little man DVD.



**LIKED US YET?:** PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's **FREE** tools <http://bit.ly/PreemieFreebies> to use and to pass onto others.



#### **MARK YOUR CALENDAR!**

*Parents of Preemies Day*  
Graham's Foundation  
May 3, 2015  
Worldwide  
[www.ParentsofPreemiesDay.org](http://www.ParentsofPreemiesDay.org)

*7<sup>th</sup> Annual Miracle Babies 5k*  
Miracle Babies  
May 3, 2015  
San Diego, CA  
[www.miraclebabies.org](http://www.miraclebabies.org)

*Have an event you want to share with our community?*

*Contact us at:*

*Tools and Resources for the Preemie Community*

## Preemie Resource: Parents of Preemies Day Logos

PreemieWorld provides a number of free handouts to be used in the **NICU and beyond** in its "Freebies For You" section of the website.

**This month's freebie surrounds "Parents of Preemies Day"** powered by **Graham's Foundation**. We are including three different types of logos to be used by parents and professionals alike online.



#### **Download them here:**

General: <http://preemie.us/PPDLogo>

Parent: <http://preemie.us/PPDProudParent>

Support: <http://preemie.us/PPDSupporter>

*Follow us on FB, Twitter & LinkedIn!*

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## Term: Kangaroo Care

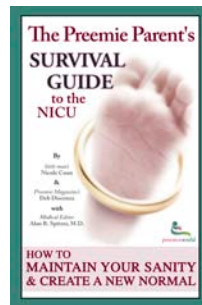
### **Kangaroo Care (also known as Kangaroo Mother Care):**

This is a wonderful way to connect with your baby and give him or her the amazing comfort and stability of health. This procedure involves placing your diaper-only baby (plus leads, etc.) on your chest. Quickly you notice that the monitor shows your baby's stats improving and that your baby is much more peaceful and can fall into a very deep slumber. This is something that both moms and dads can do (though dads need to be prepared for a little chest hair pulling).



One thing that's difficult sometimes in this high-tech world in which we live is to begin to rely more on the monitors and machines than the mother. This is where the natural course of mothering turns out, indeed, to be the best medicine.

*Editor's Note: May 15<sup>th</sup> is the 4th Annual International Kangaroo Care Awareness Day: see page 1 for details!*



*This excerpt is from  
The Premie Parent's Guide to  
Survival in the NICU on sale at  
[www.PremieWorld.com](http://www.PremieWorld.com)  
\*\*We do bulk orders for hospitals\*\*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Support: Little Miracles



*With the NICU stay of her son, Harry, Cirsty de Gruchy-Wilson wanted to make sure all families were supported with practical gifts and emotional support.*

**Year Established:** April 2014

**Outreach:** National (to the only SCBU on island of Jersey, Channel Islands in the United Kingdom).

**Web:** [www.littlemiraclesjersey.co.uk](http://www.littlemiraclesjersey.co.uk)

**Programs:** Supplies a "Hug in a Box" for families that has practical items for the SCBU stay and provides emotional support upon entry to the SCBU. *Connect on Facebook and Twitter to keep updated.*

## PreemieWorld: "Like" Us On Facebook & You Could Win!



Visit PreemieWorld's FB page at:  
<http://bit.ly/FBPreemie>

**"Like" our FB page  
from 4/28/15 to 5/22/15 and you  
could win a copy of the award-  
winning *little man* DVD from  
PreemieWorld!**

<http://bit.ly/FBPreemie>

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Subscribe to our FREE newsletters  
today @ [www.PremieWorld.com](http://www.PremieWorld.com)*



## Complex Child Magazine

### The Details:

#### **Name:**

Complex Child Magazine

**Year Established:** 2008

**Focus:** Children with complex medical issues and disabilities

#### **Website:**

[www.complexchild.com](http://www.complexchild.com)

#### **Facebook:**

[www.facebook.com/ComplexChild](http://www.facebook.com/ComplexChild)



Having had a child with complex medical needs herself, editor Susan Agrawal understands the unique needs of parents in similar circumstances. When she and other experienced parents were busy answering the same questions and giving practical tips again and again, *Complex Child Magazine* was created to give a home to their enduring wisdom. For parents of preemies as well as professionals, this body of information is incredibly useful in that it goes across medical specialties and also delves into practical matters such as insurance, taxes, advocacy and more. *This magazine is at the top of our list of resources for NICU discharge paperwork for parents.*

## After the NICU: Sibling Rivalry at Home

*When your preemie is home, older siblings are likely to have a mixture of excitement and even frustration. How to keep things cool:*

- Give siblings a special job to help out with the baby that is appropriate for their age and skill level.
- Praise them on all *positive* interactions with the baby.
- When the baby is napping or sleeping, take a bit of time to snuggle with siblings and to even let them talk about their concerns if they are at an age where they can express them.
- When possible, take siblings out one at a time on their own for a special trip to the grocery store, the pharmacy, etc. so you two can talk. Maybe even grab a special snack just for you two.

## Preemie Support Online

### On the Preemie Support Forum on INSPIRE:

Connect with *almost 22,000 parents of preemies online for free* at [www.Inspire.com/preemie](http://www.Inspire.com/preemie) for the *Preemie Support forum*. It is the largest and most active forum online, *moderated by PreemieWorld's own Deb Discenza*.

Stage 2 ROP- *In the NICU/PICU*

BPD and Pulmonary Hypertension - *Preemie Hope*

Mixed Thoughts/Feelings About Therapies - *At home (years 1-5)*

Global Developmental Delay - *At home (years 1-5)*

Fresh Trached Micro Preemie - *Preemie Tips*

### On PreemieWorld's Twitter Page:

THOUGHTS? Are NICU Antibiotics Overused?

### On PreemieWorld's Facebook Page:

Were YOU a PREEMIE? - Women Born Earlier at Greater Risk of Delivering Preemies

RESEARCH: Progress of PTSD Symptoms Following Birth

### On PreemieWorld's LinkedIN Group:

RESEARCH: Premature babies more sensitive to parenting style than full-term kids

SMART: What Parents Can Do to Help Preemies

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://www.LittleMantheMovie.com)



@PremieWorld



- PremieWorld
- Premie Parent's Survival Guide to the NICU



PremieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents

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## Tip: Premie Parents are Part of the Team (Part II)

*They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PremieWorld, in this second installment (you can find the first installment [here](#)), gives insight into what she believes Premie Parents in the NICU right now should know for sure:*

*Know that as a parent YOU ARE part of the NICU team. As I took in the sight of my 30-weeker preemie girl hooked up a lot of medical equipment and clearly in distress, I had no clue how to soothe her. My first inclination was to try and hold her but the barriers of the incubator and the equipment left me impotent to do anything. I assumed the staff members were the*

*ones in charge and I as the parent was simply a bystander. A nurse showed me how to a temperature check and later a diaper change, but honestly it did little to help and I simply continued pumping breast milk.*

*It was when I first saw the power of my first session of Kangaroo Care that I realized my importance to this odd NICU equation. I was part of the team. I made a difference.*

*You are part of the NICU equation. You matter. You count. You have say and you have the ability to speak up.*

**#preemieparentpower**